

# Herbs in the 17th Century

In the 1600's gardens were very important parts of the home. Here Mother would raise everything she needed to care for her family. Seeds and roots were brought from England to be planted in gardens here. Plants and herbs were grown to produce dyes for materials, strong seasonings for food, room fresheners, rat poison, and insect repellent. The garden was located near the kitchen door, it was Mothers' responsibility to tend.



Explore the herb garden around to the Iron Works House to identify the herb described. Fill the herb name into the space provided.

This herb, a favorite for its many uses, could flavor meat, and fish, be made into tea and oils and ointments to treat joint pain, flavor perfume, and, since it was thought to clean the air, be burned as incense and placed near the sick.

M \_ \_ \_ \_ \_

This is a common herb. Its roots give a long-lasting red dye. In the Eighteenth Century a declaration stated that all British Army uniforms should be "dyed red with \_ \_ \_ \_ \_." (The "Red Coats.")

C \_ \_ \_ \_ \_

The dried flower heads of this herb were added to baths and soaked as a tea to help "expel all colds, aches, and pains whatsoever."

C \_ \_ \_ \_ \_

These have purple flowers in June. Used as a flavoring for centuries it, like many onion relatives, has a bad reputation, "If they are eaten raw... they send up very harmful vapors to the brain..."

G \_ \_ \_ \_ \_

This herb has long been used for seasoning. But, warnings say "its heat is very vehement (intense); and all vehement hot things send up ill-savored vapors to the brain."

L \_ \_ \_ \_ \_

This herb has soft wooly gray leaves that were commonly used as bandages. It was easy to grow in full sun and poor soil.

S \_ \_ \_ \_ \_

This berry was commonly used to treat inflamed wounds and gum disease. Roger Williams, Governor of the Colony 1654-1658, said, "this berry is the wonder of all fruits growing naturally in these parts... God never did make a berry better."

T \_ \_ \_ \_ \_

This herb has prickly dried flower heads that have been used for centuries to tease (or raise the nap on) woolen cloth.

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R \_ \_ \_ \_ \_